

CLAIMS

What is claimed is:

1. A training aid configured to strike a ball, comprising:

5 an opaque and malleable material that is configured to be deformed upon impact with said ball;

a deformable sheet having a front face that is attached to said opaque and malleable material, said deformable sheet having a back face; and

a means for affixing said training aid to a hitting instrument.

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2. The training aid of claim 1 wherein said opaque and malleable material is a metallic material comprising one or more metals.

3. The training aid of claim 2 wherein said means for affixing said training aid to
15 said hitting instrument comprises an adhesive layer on said deformable sheet.

4. The training aid of claim 3 wherein said opaque and malleable material is a first metallic sheet that is configured to directly contact said ball.

20 5. The training aid of claim 4 wherein said deformable sheet is thicker than said first sheet.

6. The training aid of claim 5 wherein one or more impressions generated after striking said ball provides an impression of how said ball was struck.

5 7. The training aid of claim 5 further comprising a tab which does not conform to the hitting instrument, said tab providing a writing surface for recording data and simplified removal of said training aid from said hitting instrument.

8. A training aid, comprising:

10 a first sheet composed of a metallic material that is configured to be deformed upon impact with a ball;

a second sheet composed of an deformable material that is attached to said first sheet, said second sheet having a back face; and

a first adhesive layer on said back face of said second sheet, said first adhesive
15 layer attached to a non-stick surface.

9. The training aid of claim 8 wherein said second sheet is thicker than said first sheet.

10. The training aid of claim 9 wherein one or more deformations generated after striking a golf ball provides an impression of how a ball was struck by a hitting instrument.

5 11. The training aid of claim 9 wherein said first layer is composed of aluminum.

12. A training aid, comprising:

a sheet further comprising a metallic top layer that is configured to contact a ball and be deformed upon impact with said ball, said sheet having a back face; and

10 an adhesive layer on said back face of said sheet, said adhesive layer having an adhesive that interfaces with a non-stick sheet that is configured to be removed prior to affixing said training aid to a hitting instrument, said adhesive configured to leave little or no adhesive residue on said hitting instrument when said training aid is removed.

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13. The training aid of claim 12 wherein said sheet further comprises a deformable sheet that is attached to said metallic top layer.

14. The training aid of claim 13 wherein said deformable sheet is thicker than said
20 metallic top layer.

15. The training aid of claim 14 wherein one or more deformations are generated after striking a ball, said one or more deformations configured to provide an impression of how said ball was struck.

5 16. The golf training aid of claim 15 wherein said metallic top layer is composed of aluminum.

17. A method of using a training aid, comprising:
affixing said training aid to a hitting instrument, said hitting instrument

10 comprising,

a malleable material, a deformable sheet having a front face that is attached to said malleable material, said deformable sheet having a back face, and a first adhesive layer on said back face of said deformable sheet, said first adhesive layer configured to affix said training aid to
15 said hitting instrument;

striking a ball with said hitting instrument having said training aid affixed thereon; and

generating an impression of how said ball was struck by a player, said impression generated by deforming said malleable material.

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18. The method of claim 17 further comprising interpreting said impression to

determine how to better strike said ball.

19. The method of claim 17 wherein said impression comprises a ball pattern and one or more ridges.

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20. The method of claim 19 further comprising repeatedly striking said ball.

21. The training aid of claim 1 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

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22. The training aid of claim 8 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

23. The training aid of claim 12 wherein said training aid is adapted for use in a

15 sport selected from the group of sports that consist of golf, baseball and hockey.

24. The method of 17 wherein said affixing of said training aid is performed on said hitting instrument associated with a sport selected from the group of sports that consist of golf, baseball and hockey.